

**What is claimed is:**

1. A support pole comprising:

an elongate pole having a first end and a second end, wherein said elongate pole defines a channel extending at least partway between the first and second ends, and further comprising a first electrical coupling mounted at one end of said elongate pole;

at least one electrical conductor fixed to said elongate pole and in electrical connection with the first electrical coupling;

a carriage translationally mounted within the channel of said pole, and comprising a second electrical coupling for releasable engagement with the first electrical coupling; and

a drive mechanism to translationally move said carriage along at least a portion of said pole and thereby bring the second electrical coupling into engagement with the first electrical coupling.

2. The support pole of Claim 1, wherein said drive mechanism comprises a threaded rod rotationally mounted within the channel of said pole.
3. The support pole of Claim 2, further comprising a stabilizer frame slidable within the elongate pole along said threaded rod.
4. The support pole of Claim 3, wherein an intermediate coupling element is mounted to said stabilizer frame for engagement between the first and second electrical couplings.
5. The support pole of Claim 1, wherein a high-voltage conductor is fixed to a first portion of said pole and a low-voltage conductor is fixed to a second portion of said pole remote from the high-voltage conductor.

6. The support pole of Claim 1, further comprising at least one guidepin providing alignment between the first and second electrical couplings as the first and second electrical couplings are brought into engagement.
7. The support pole of Claim 1, wherein one end of the elongate pole comprises at least one beveled, inclined carriage lock for engagement with a cooperating beveled, inclined carriage guide portion of said carriage.
8. The support pole of Claim 1 further comprising a gasket sealing an opening to said channel.
9. A support pole comprising:
  - an elongate pole having a top and a bottom, and further comprising a first electrical connector block at or near the top of said pole;
  - a carriage translationally mounted to said elongate pole, and further comprising a second electrical connector block mounted to said carriage; and
  - a stabilizer frame sliding within the elongate pole, and further comprising an intermediate electrical coupling for releasable engagement between the first and second electrical connector blocks.
10. The support pole of Claim 9, wherein the first and second electrical connector blocks engage the intermediate coupling as the carriage is moved into a raised position toward the top of the elongate pole, and wherein the first and second electrical connector blocks disengage the intermediate coupling as the carriage is moved into a lowered position toward the bottom of the elongate pole.
11. The support pole of Claim 10, further comprising at least one guidepin providing alignment between the first and second electrical connector blocks as the carriage is moved into the raised position.

12. The support pole of Claim 9, further comprising at least one electrical conductor fixedly mounted to said pole and in electrical connection with the first connector block.
13. The support pole of Claim 12, comprising a first conductor fixed to a first location of said pole for carrying high-voltage electricity, and a second conductor fixed to a second location of said pole for carrying low-voltage electricity, said first and second conductors being isolated from one another.
14. The support pole of Claim 9, wherein one end of the elongate pole comprises at least one beveled, inclined carriage lock for engagement with a cooperating beveled, inclined carriage guide portion of said carriage.
15. A support pole comprising:
  - an elongate pole having a top end and a bottom end, and further comprising a first electrical coupling mounted proximal the top end of said pole;
  - a carriage translationally mounted to said pole, and further comprising a second electrical coupling for releasable engagement with the first electrical coupling when the carriage is in a raised position proximal the top end of said pole;
  - at least one guidepin providing alignment between the first and second electrical couplings as the carriage moves into the raised position.
16. The support pole of Claim 15, further comprising a threaded rod rotationally mounted within said pole transport said carriage between the top end and the bottom end of said pole.
17. The support pole of Claim 16, further comprising a stabilizer frame sliding within the elongate pole to brace the threaded rod.

18. The support pole of Claim 17, wherein the stabilizer frame comprises an intermediate coupling for releasable engagement between the first and second electrical couplings.
19. The support pole of Claim 15, further comprising at least one electrical conductor fixedly mounted to said pole and in electrical connection with the first electrical coupling.
20. The support pole of Claim 19, comprising a first electrical conductor fixed to a first location of said pole for carrying high-voltage electricity, and a second conductor fixed to a second location of said pole for carrying low-voltage electricity, said first and second conductors being isolated from one another.